



Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

July 2010

(714) 895-2878

SUMMERTIME!

Upcoming Events:

- ♦ PAGEANT OF THE MASTERS TRIP
Wednesday, July 14th
- ♦ LAKE ARROWHEAD W/LUNCH
Tuesday, August 10th
- ♦ ANNUAL LUAU PARTY
Thursday, August 12th
- ♦ DEL MAR HORSERACES W/LUNCH
Thursday, September 2nd
- ♦ WINEMAKER FOR A DAY
Wednesday, October 6th

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR

(714) 548-3183

Frank G. Fry

MAYOR PRO TEM

(714) 548-3179

Tyler Diep

COUNCIL MEMBER

(714) 548-3181

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Donald D. Lamm

CITY MANAGER

(714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR

(714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR

(714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor (714) 897-6252
Commissioner-Nora Barajas (714) 893-3708
Commissioner-Phillip Hodgetts (714) 847-4165
Commissioner-Vince Petronzio (714) 897-6261
Commissioner-Ginger Waugh-Borden (714) 897-4644
Alternate-Erwin Vysma (714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff

(714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,

The Senior Center Spotlight,

is now available on the City Website:

www.ci.westminster.ca.us,

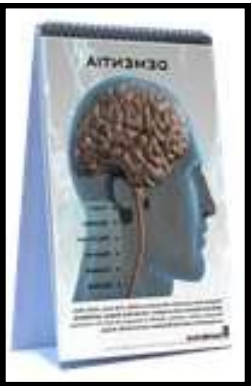
Departments, Community Services, Senior Services.

Emergency & Business

Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center



Health Talk:
“Dementia: Can I Remember?”

Wednesday, July 7th

11:00-11:30 a.m.

Dining Room

Presented by Jane Hannah , R.N., P.H.N.

Topics to include: Symptoms, Stages, & Care

Diabetes Education & Support Group

“Stress Management & Diabetes”

Wednesday, July 21st

12:30 p.m.-2:00 p.m. in Room A

Presented by Jane Hannah , R.N., P.H.N.



Don't forget our:

Free 6-week Self-Management Workshop

“Living Well with an Ongoing Condition”

Dates: Mondays on July 12, 19, & 26 and August 2, 9, & 16

9:00 a.m.-12:00 noon in Room 2

Sign-up at the Front Desk

All presentations given by: Jane Hannah RN, PHN

*Sponsored by: Adult Public Health Nursing Services,
and the Orange County Health Care Agency.*

◆ Information on Medi-Cal will be discussed.



Senior Center Programs

Cash for Appliances



The California Energy Commission is accepting your old, energy-guzzling appliances. The Cash for Appliances program can be combined with other rebate programs for additional savings, and stores that participate in the State Energy Efficient Appliance Rebate Program will pick up your old appliance for free! To qualify, you must have an appliance that is not already rated as energy efficient.

Rebate categories include:

- ◆ \$100 for washers
- ◆ \$200 for refrigerators
- ◆ \$50 for air conditioners

For more information about the program, or how much money your appliances are costing you, check out the Cash for Appliances website at: <http://www.cash4appliances.org/>
Toll-free Phone Number: 1-888-390-4034
Customer Service reps will be available to answer questions from 8 a.m. to 6 p.m. PDT, Monday thru Friday, and automated information will be available 24/7.



Westminster Community Services
& Recreation Department

2010 Concerts in the Park

Thursday Evenings, 6:00 p.m.-7:30 p.m.
Civic Center Sunken Gardens

- | | |
|-------------|--------------------------------------|
| July 8th | "Doo Wah Riders" Country |
| July 15th | "Stardust Sounds" Big Band |
| July 22nd | "Old School Westminster All Stars " |
| | Rock & Blues |
| July 29th | "Rosewood" Acoustic Harmonies |
| August 5th | "Mama Hagglin" Rock & Roll |
| August 12th | "Gospel Night" Community Group Choir |
| August 19th | "Nicholson Pipes & Drums" |
| | Bagpipe Band & Celtic Sky Dancers |
| August 26th | "The Music Factor" Jazz/Funk |

Sponsored by Target Store of Westminster & the
Westminster City Council
Non-profit groups will sell refreshments each week.

All Concerts are Free!

Max's Karaoke Concert
Join us for a Variety of

songs to

"Touch Every Heart"

Wednesday,

July 14, 2010

10:00 a.m.-11:30 a.m.

Dining Room



From the Director's Chair

July is a month of celebrations. We will have our **Independence Day Party** on **Thursday, July 1st** in the **East/West Room**. **John Cowan** will be singing patriotic songs and reminding us that this is a wonderful place to live. Tickets are \$4.00 and can be obtained at the Front Desk.

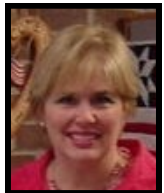
Christmas in July: This annual program, started by **Mayor Margie L. Rice**, gives a chance for the elderly homebound senior to receive a gift from anyone who would like to participate. There are two Christmas trees, one in City Hall and one in the Senior Center Lobby, with seniors' names and gift ideas. All the seniors live in Westminster and are participants of our Home Delivered Meals Program. The drivers of the Home Delivered Meals Program will deliver the gifts.

There will be several **Pool Tournaments** with the **Boys and Girls Club of Westminster** in the months of **July** and **August**. Be sure and check the board in the Pool Room for sign-ups.

We have some wonderful entertainment coming up this month so be sure to mark your calendars and join us for fun and good music.

Have a great summer!

CLAIRE



Please join us for our : **ANNUAL LUAU**

Date: Thursday, August 12th

Time: 11:00 a.m.

Place: East/West Room

Price: \$4.00

Featuring: Westwood Productions Entertainment



Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.

-After three "no shows" you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays

Thanks to our July 2010 Callers:

7/2-Mary Pagano
(9:30-11:15)

7/5-Closed for Holiday

7/7-Kim Ward

7/9-Sue Wolff

(9:30-11:15)

7/12-Rich Sowiak

7/14-Dollie DeRobbio

7/16-Dorothy Siebert

(9:30-11:15)

7/19-Kim Ward

7/21-Vivian Tran

7/23-Sue Wolff

(9:30-11:15)

7/26-Bob Munn

7/28-Dollie DeRobbio

7/30-Dorothy Siebert

(9:30-11:15)



JULY BIRTHDAY PARTY

Celebrate July Birthdays with us!
Thursday, July 22nd, 2010
in Dining Room



10:30 a.m.

Storytelling with Humor
by Donna Cooper

11:00 a.m.

Jordan McBeen on the Piano

OKTOBERFEST

Join us on a trip to OKTOBERFEST 2010

Old World Village, Huntington Beach

Date: Thursday, September 30th, 2010

Depart: 10:45 a.m. Return: 1:30 p.m.

Buffet Lunch with live German Band

Shopping at Euromarket

Cost: \$10.00 per person

(Sign-Up List at Front Desk before
August 1st to confirm your reservation)



DAY TRIPS

Pageant of the Masters

Wednesday, July 14th, 2010

This year's theme is "Eat, Drink and Be Merry", highlighting the timeless masterpieces that have captured and enhanced the exhilaration of good times and, even more remarkable, buoyed spirits when times were hard. Price includes show & transportation. *Note: Includes walking and stair climbing.*

Depart: 5:00 p.m.

Cost: \$55.00

Return: 11:30 p.m.

Big Lots (on WOW Van)

Friday, July 16th, 2010

Sign up now as seating is limited. No charge.

Depart: 9:30 a.m.

Return: 11:30 a.m.

Sycuan Indian Casino

Wednesday, July 28th, 2010

\$20 CASH back upon arrival!

Another True "Las Vegas" Style Casino! Enjoy a fun-filled day gaming at the beautiful "Sycuan Resort & Casino!"

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$32.00

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen.

Upon sign-up must choose: 1) Meatloaf, 2) Angel Hair Pasta, or 3) Club Sandwich.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$64.00



Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Del Mar Horseraces/with Lunch

Thursday, September 2nd, 2010

Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse, Deluxe Motorcoach.

Upon sign up, must choose: 1) Top Sirloin, 2) Forest Mushroom Chicken, or 3) Beer-Battered Fried Shrimp.

Depart: 10:00 a.m.

Return: 7:00 p.m.

Cost: \$59.00

(approximately)

Winemaker For a Day/(with Italian Lunch)

Wednesday October 6th, 2010

Package includes: Wine tasting at Thomas Winery (est.1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga with resident historian.

Depart: 10:00 a.m.

Return: 4:00 p.m.

Cost: \$72.00

Pechanga Indian Casino

Tuesday, October 26th, 2010

A fantastic trip at an unbelievable price!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Palm Springs Follies

Wednesday, December 1st, 2010

Sign up now as this favorite is always a smash hit!

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$77.00

OVERNIGHT TRIPS

Laughlin Luau-Riverside Hotel & Casino

SOLD OUT-Waiting List Only

September 14th-16th, 2010

Stateline Special to Buffalo Bill's

November 8th-9th, 2010 *Rates are lower than 2009!

Package includes 2 DAYS, 1 NIGHT at Buffalo Bill's Hotel and Casino. 2 FREE Buffets & Baggage Handling.

(MONDAY-TUESDAY)

Depart: 9:00 a.m.

\$49 p/p Double Occupancy

Return: 5:00 p.m.

\$67 Single Occupancy



Laughlin Christmas-Riverside Hotel & Casino

December 5th-7th, 2010

SOLD OUT-Waiting List Only

*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

**Adult Fitness (Chair Exercises) A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.			<u>Dominos (Mexican Train)</u>		
Day	Time	Instructor	Day	Time	Instructor
Monday	10:00 a.m.-12:05 p.m.	M. Masters	1st & 3rd Wed.	12:30p.m.-3:00 p.m.	Group
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters	<u>Longevity Stick</u>		
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters	Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.		
**Beginning (Chair) Fitness			Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters	Monday	9:00 a.m.-10:00 a.m.	D. Allison
**Balance & Mobility A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor’s clearance, medical history and balance evaluation before enrollment.			Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau
Day	Time	Instructor	<u>*Low Impact Aerobics 1</u>		
Tues./Thurs.	8:45 a.m.-9:45 a.m.	M. Masters	Day	Time	Instructor
<u>Bridge</u>			Monday	1:00 p.m.-2:15 p.m.	N. Jaeger
Day	Time	Instructor	<u>Mah Jongg</u>		
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group	Day	Time	Instructor
<u>Bunco</u>			Monday	10:00 a.m.-12:00 noon	Group
Day	Time	Instructor	<u>* Stretch and Flex</u>		
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono	Day	Time	Instructor
<u>Beginning & Intermediate Computer Classes</u>			Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena
PLEASE NOTE: Applicants start by filling out forms at the Front Desk. Instructors will contact potential students with the new schedules.			<u>Sudoku</u>		
<u>Intermediate Computer Class</u>			Day	Time	Instructor
Day	Time	Instructor	Friday	10:30 a.m.-12:00 noon	M. Epstein
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse	<u>Tai Chi</u>		
Tuesday	12:30 p.m.-3:00 p.m.	B. Ault	Day	Time	Instructor
<u>Beginning Computer Class</u>			Friday	8:30 a.m.-10:30 a.m.	L. Mo
Day	Time	Instructor	<u>Yarn Spinners</u>		
Wednesday	9:00 a.m.-11:30 a.m.	D. Davis	Day	Time	Instructor
<u>Creative Crafts</u>			Mon./ Wed./Fri.	9:00 a.m.-12:00 noon	G. Borden
Day	Time	Instructor	Please bring your i.d. with you when you attend the Senior Center.		
Thursday	9:00 a.m.-11:30 a.m.	M. Loth	Please Note: ALL Huntington Beach Adult School classes are now <u>Fee-Based</u> .		
<u>*Dance Aerobics</u>			<i>*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)</i>		
Day	Time	Instructor	**Coastline Community College Classes are offered at no cost. Pre-registration is advised. (for further info., call (714) 241-6184)		
Tues./Thurs.	12:45 p.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena	♦ Summer Session for Coastline College starts June 28th and ends August 15th.		
Thursday	9:00 a.m.–10:30 a.m.-Level 2	J. Camarena	♦ Huntington Beach Adult School ends July 8th.		
Thursday	10:30 a.m.–12:00 noon-Level 3	J. Camarena	♦ “Short Summer Special” Classes last 4 weeks-July 6th through August 5th.		
Thursday	3:00 p.m.–4:30 p.m.-Level 2/3	J. Camarena	♦		
			♦ Huntington Beach Fall Classes begin September 1st.		

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. June Commodities will be on **Wednesday, July 14th**. If you live in Westminster and qualify as low income, please come between **8:00 a.m.-11:00 a.m.** **Bring proper identification & plastic bag.**


Driver Safety (formerly 55 Alive) - Classes are every other month on a **Thursday** and a **Friday** from **8:30 a.m.to 12:30 p.m.** The next class takes place on **August 19th & 20th, 2010** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**



Pool Tournament

Don’t forget to sign-up in the Pool Room for the upcoming contests with the Boys & Girls Club of Westminster

On Tuesday July 13th, 2010 10:00 a.m.



CHRISTMAS IN JULY 2010

Reaching out to the elderly homebound seniors in Westminster is what “Christmas in July” is about. Stop by City Hall or the Senior Center lobby to pick up a star from the Christmas tree. Each star has an item that a senior would like to receive. Return the wrapped gift to either City Hall or the Senior Center by July 20th. Thank you for making a homebound senior’s wish come true.

Dinner Group

Westminster Café

(6260 Westminster Blvd.)

Wednesday, July 21st, 2010

4:30 p.m.

* Sign Interest List at the Front Desk



MOVIES

Fridays at 9:15 a.m.

July 2nd

“Bride Wars”

Kate Hudson, Anne Hathaway

Best friends become worst enemies when they realize their respective weddings are scheduled on the same day at their dream venue The Plaza Hotel.

Runtime: 1 hour, 29 minutes

Rated PG-13 (2009); Comedy

July 9th

“The Bee Movie”

Jerry Seinfeld, Renee Zellweger

A worker bee gets stuck in a dead-end job making honey and then files a lawsuit against humans when he learns they’ve been stealing bee’s nectar all along.

Runtime: 1 hour; 30 minutes

Rated PG (2007); Animation

July 16th

“Out of Africa”

Meryl Streep, Robert Redford

Hoping to forge a better life, a Denmark native enters into a marriage of convenience with a womanizing land baron.

Runtime: 2 hours, 41 minutes

****Movie will run into lunchtime****

Rated PG (1985); Drama

July 23rd

“Dirty Dancing; Havana Nights”

Romola Garai, Diego Luna

An 18 year-old girl’s parents expect her to be the belle of the high society ball; instead she falls in love with a waiter who teaches her how to dance and partners w/her for an upcoming contest.

Runtime: 1 hour, 45 minutes

Rated PG-13 (2004); Romance

July 30th

“Million Dollar Baby”

Clint Eastwood, Hillary Swank

A hardened trainer works with a determined woman in her attempt to establish herself as a boxer.

Runtime: 2 hours, 13 minutes

Rated PG-13 (2004); Drama